



Art Therapy

When: Thursdays @ 2:00 –3:30

Where: Art & Wellness Studio
[Grace Community Center:San Jose]



Group Structure: Held in an art studio, participants are given an art directive and materials to encourage self-awareness and self-expression.

For Who: Those who are interested in learning more about themselves and art. *No previous art experience needed!*

Group Goal: To create a safe environment of non-judgment to explore art. To use art and creativity to connect with yourself and others.

